



Support for Family Caregivers

Caregiving may be one of the most important roles you will undertake in your lifetime.

Caring for a family member or friend is not easy, nor is it something most of us are prepared to do.

If you have a job and are juggling several responsibilities or if your family member or friend requires a lot of assistance, you may need help providing care for them.

Many caregivers feel alone, helpless, confused, unprepared and unable to provide for the needs of their family member, partner or friend.

Learning about being a caregiver and what resources are available may help you feel supported and more comfortable with your role.

The NH Bureau of Elderly and Adult Services partners with the ServiceLink network statewide to provide information, access to resources, respite, counseling and educational opportunities to help you learn more about being a caregiver and where to turn to find additional help in your community.

Funding for these programs come from the State of New Hampshire Department of Health and Human Services and the Administration on Aging's National Family Caregiver Support Program.

To find out more about resources available to family caregivers who are caring for an adult with disabilities or chronic illness, a loved one who has been diagnosed with Alzheimer's disease or other related memory impairment or a frail elderly family member who needs increasing assistance, call the Bureau of Elderly and Adult Services' **Family Caregiver Support Program** at:

1-800-351-1888 ext. 4680

On the web at:

www.dhhs.state.nh.us/DHHS

or

ServiceLink toll free at:

1-866-634-9412

On the web at:

www.servicelink.org

